

## **Historic, Archive Document**

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# Institutional Feeding Managers Stewards-Chefs-Cooks

## ATTENTION PLEASE!

### CONSERVING RATION POINTS

#### Budgeting the Ration Points -

The industrial feeding manager's ability to keep within his ration allotment is affected as much by careful planning as it is by the number of points available. Even a large number of ration points will not stretch over the rationing period if they are spent extravagantly on high-point meats and fats. If an excessive number of ration points is used in the first month of the rationing period, it is difficult, even by the most careful planning, to make up the deficit during the second month.

Budget your ration points for each period by determining:

1. The number of ration points available for each month, week, and day of the rationing period.
2. The proportion of ration points to be used for each type of rationed foods. For example, meat and fat points might be recorded in this way:

<u>Ration Point Distribution Record</u>		
	<u>Percentage of Total Points</u>	<u>Number of Points</u>
Meats		
Butter and margarine		
Cooking fats and oils		
Fats for baking		
Cheese		
Evaporated milk		
Totals		

Similarly, the points required for processed foods may be divided between those needed for general cooking and service, and those used for baking. Sugar may also be divided into that required for table use, and that needed for baking.

Check regularly on the use of ration points to see that you are not exceeding your budget allowance. Make this check daily, if possible, but never less than once a week. Thus, excessive spending of points on one day, or during a week, may be corrected by a restricted use of points for the subsequent period, until the budget is in balance. This method will prevent point indebtedness. (over)

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A simple summary form for keeping track of ration point expenditures is given below:

Ration Point Summary

	Rationing Period				Budget Check	
	Today	To Date				
Rationed Foods	Allotment	Used	Allotment	Used	Over	Under
*Meats, fats, cheese, etc.						
Processed foods						
Sugar						
*This item may be subdivided giving point use for each kind of rationed food.						

Using Meat Alternates to Conserve Meat

One way to make ration points go further and to cope with shortages in the meat supply is to use meat alternates frequently. Meat alternates are foods that may be served interchangeably with meats because they contain essentially the same nutrients. Poultry, fish, eggs, cheese, dry peas and beans, and nuts are meat alternates that may be used in main dishes on the menu. Like meat, they are rich sources of protein and supply B vitamins.

Planning menus presents fewer difficulties to the food manager when meat is available since many meats suggest vegetable accompaniments. For example, baked ham may "call" for sweet potatoes and green beans.

Fewer "natural" combinations are suggested to the menu planner by meat alternates, and, therefore, more thought needs to be used to plan meals that will be attractive to the eye and appealing to the taste. Vegetables, salads, and other accompaniments that complement the main dish in color, flavor, and texture should be selected. Mild-flavored foods should be combined with more strongly flavored ones, and soft-textured foods with crisp ones. Fried Haddock, for example, may be served with creamed new potatoes and lettuce and tomato salad. The creamed potatoes contrast with the texture of the fried fish, and the salad adds color, a tart flavor, and crispness to the menu.

Serving Fresh Vegetables

Many fresh vegetables are appearing now in local markets, and as the growing season advances a larger variety of them will be available. Vegetables add color and flavor to any meal. Cook them until tender in as little water and for as short a time as possible and serve them immediately to preserve flavor and color, and conserve nutritive value.

Fresh vegetables may be combined attractively in vegetable plates. The occasional use of a vegetable plate may add welcome variety to the special lunch menus. However, vegetables alone do not supply enough protein to take the place of meat. Therefore, a meat alternate, such as poached or fried eggs, egg salad, omelet, cottage cheese, fish salad, or sliced cheese, should be served with vegetables.

Using Foods in Plentiful Supply

In May, new potatoes, carrots, cabbage, and fresh tomatoes are expected to be in plentiful supply. Use them frequently in the menus. Eggs, if available, may be used in main dishes to help stretch the limited meat supply. Oranges and apples will be available and may be used in salads, desserts, and for between-meal snacks.



Menus for Special Lunches

Menus are given for special lunches for a period of 14 days. These menus are planned to furnish about one-third of the worker's daily food requirements and to come within the limitations of rationing allotments and curtailed food supplies. In this month's menus, meat alternates have been featured, as have the fresh vegetables and fruits in supply.

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| <p>1. Braised breast of lamb<br/>Parsleyed new potatoes<br/>Buttered carrot strips<br/>Whole-wheat bread w. butter/fort. marg.<br/>Plain cake w. orange frosting<br/>Milk</p> <p>2. Meat loaf w. gravy<br/>Steamed new potatoes<br/>Creole cabbage (see April issue)<br/>Whole-wheat bread w. butter/fort. marg.<br/>Chocolate pudding<br/>Beverage</p> <p>3. Fish cakes with egg sauce<br/>Creamed new potatoes<br/>Buttered green beans<br/>Enriched bread w. butter/fort. marg.<br/>Peach shortcake<br/>Milk</p> <p>4. Veal pot pie<br/>Mashed potatoes - Buttered peas<br/>Enriched bread w. butter/fort. marg.<br/>Fruit gelatine pudding<br/>Milk</p> <p>5. Baked kidney beans (recipe attached)<br/>Fresh spinach or other greens<br/>Sliced tomato and lettuce salad<br/>Enriched rolls w. butter or fort. marg.<br/>Custard pie<br/>Beverage</p> <p>6. Vegetable plate:<br/>Stuffed egg salad<br/>Fresh asparagus<br/>Parsleyed potato<br/>Sliced tomato<br/>Cornbread w. butter/fort. marg.<br/>Deep-dish apple pie<br/>Milk</p> <p>7. Baked macaroni with cheese<br/>Buttered sliced carrots<br/>Mixed green salad w. French dressing<br/>Whole-wheat bread w. butter/fort. marg.<br/>Gingerbread<br/>Milk</p> | <p>8. Creole lima beans<br/>Buttered fresh beets and green<br/>Cottage cheese &amp; Tomato salad<br/>Whole-wheat bread w. butter or fort. marg.<br/>Caramel nut pudding<br/>Beverage</p> <p>9. Creamed eggs w. fresh asparagus<br/>(recipe attached)<br/>Baked Potato - Cole Slaw<br/>Apple Brown Betty - Milk</p> <p>10. Steamed Frankfurthers-Cr<br/>Creamed new potatoes-Buttered<br/>Cabbage (or sauerkraut)<br/>Enriched roll w. butter or fort. marg.<br/>Rhubarb Pie<br/>Beverage</p> <p>11. Scalloped chicken and noodles<br/>Buttered green peas<br/>Red apple and celery salad<br/>Whole wheat bread w. butter/fort. marg.<br/>Baked Custard - Beverage</p> <p>12. Fried oysters with lemon<br/>Parsleyed new potatoes<br/>Shredded carrot - cabbage salad<br/>Whole-wheat bread w. butter/fort. marg.<br/>Sponge roll w. orange cream filling<br/>Milk</p> <p>13. Roast lamb with dressing<br/>Mashed potatoes - gravy<br/>Cabbage - green pepper salad<br/>Enriched bread w. butter/fort. marg.<br/>Fresh fruit cup<br/>Milk</p> <p>14. Baked fish fillet - tomato sauce<br/>Steamed new potatoes in jackets<br/>Green Beans<br/>Enriched roll w. butter/fort. marg.<br/>Blueberry pie<br/>Milk</p> |
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(over)

## Recipes

### Baked Kidney Beans

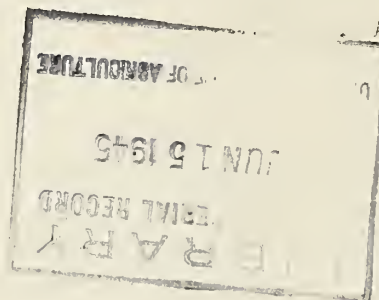
<u>Ingredients</u>	<u>Amounts for 100 Portions</u>
Dry red kidney beans	12 pounds
Bacon drippings or cubed salt pork	1-1/2 pounds
Onions, sliced	2 pounds
Green peppers, chopped	1 pound
Tomatoes, canned	2-1/2 gallons
Chili powder	1 ounce
Salt	5 ounces

Size of portion - 6 ounces

1. Wash and sort the beans. Cover with hot water and let soak overnight.
2. Cook beans until tender in the water in which they were soaked. Drain.
3. Cook the onions in the bacon drippings for about 5 minutes.
4. Combine the onions and fat, tomatoes, green peppers, seasonings.
5. Add the vegetable mixture to the cooked beans and mix well.
6. Pour into greased baking pans and bake for 1 hour in a moderate oven, 350°F.

### Creamed Eggs w. Fresh Asparagus Tips

<u>Ingredients</u>	<u>Amounts for 100 Portions</u>
Fresh asparagus	20 pounds
Cooking fat	3 pounds
Flour	2 pounds
Milk and asparagus liquor	4 gallons
Eggs, hard-cooked	8-1/3 dozens
Salt	5 ounces
Paprika	1 ounce



Size of portion - 6 ounces

1. Clean the asparagus and cut spear ends off about 4 inches in length. Reserve rest of tender stalks for use in soup.
2. Cook the asparagus spears in a small amount of boiling water until tender. Drain, saving the liquor.
3. Make a roux of the fat and flour. Add the asparagus liquor up to 1/3 of the total liquid, and then the remainder of the milk. Season. Cook until thickened.
4. Cut the hard-cooked eggs in half, lengthwise.
5. Arrange asparagus tips in serving pan, add layer of eggs, and then sauce. Heat in oven to bring to serving temperature.
6. Serve plain or on toast or split buns.

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